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### Declining Knowledge on paper food storage and preparation household food waste and sustainability

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# Knowledge of Food waste and food preparation

LUCAS RAMIREZ-BRYAN & AMIR GOLMOHAMADI



# Why is food waste important?

- ▶ 40 million tons of food waste in U.S alone
- ▶ Contributes to land and resource waste, and CO2 emissions
- ▶ Can be treated at individual level
- ▶ Wasted money and resources



**Food waste alone  
causes 10% of  
greenhouse gases**



# Dietary Behavior and Food Waste

- ▶ Disposal of FOGs (Fats, oils, and Grease) can lead to sewer blockage.
- ▶ Canned and frozen produce leads to lower food waste
- ▶ Planning your trip to store can decrease household food waste.
- ▶ Food waste can be created indirectly and without knowledge





# Nutrition and Food education

- ▶ Not just at a academic level, but community and individual level
- ▶ Having a holistic and sustainable framework key to being successful
- ▶ Self-reflection and even journaling raises personal awareness on issue.
- ▶ Education of one can lead to education of those around them





# Conclusion

- ▶ Education on proper storage and preparation of food leads to lower food waste.
- ▶ Bringing awareness to FOGs and food waste disposal
- ▶ Including sustainable factors in local communities
- ▶ Being conscious of what you are purchasing